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THE FLYER

Salisbury University's student voice

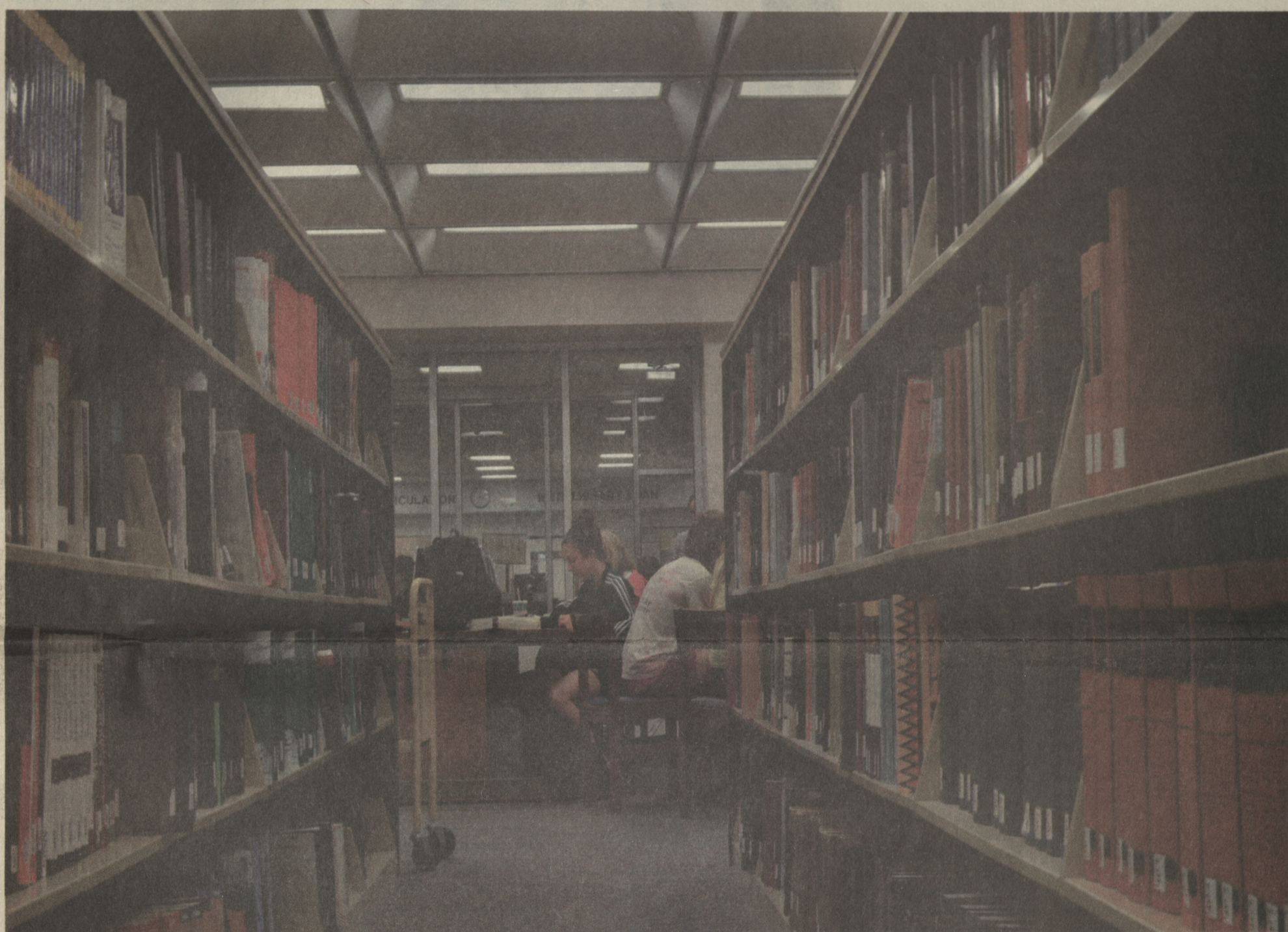


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Online exclusives at www.thesufllyer.com

SU buildings get second chance



Salisbury University students study in Blackwell Library, one of SU's oldest buildings, the weekend before final exams.

STORY AND PHOTOS BY AMANDA LIBBY

Construction fences erected around SU dorms signify the beginning of the end for the university's multi-year Comprehensive Housing Renovation Plan.

"We're moving in all the right directions," said Dave Gutowski, Director of Housing and Residence Life at Salisbury University. "I think the quality of living for our students is top notch."

Renovation on Choptank, one of SU's three high-rise student residences, will begin this summer in the last stage of the plan and will eliminate bedrooms on the first floor to make room for classrooms and an expanded common area. The 250-bed, six-story building will not only see new flooring and a fresh coat of paint; the entire first floor will be gutted giving way to a new classroom, laundry room, lounge area, and entrance.

"We need to address mechanical building needs and, at the same time, spruce things up so people go, 'Wow!'"

Builders are trying to bring Choptank up to the same pristine standard set by the four recently-renovated traditional dorms in the quad, all of which were badly in need of repair.

"We've got some older buildings that need a little bit of love, so to speak, and that's what we're doing throughout the renovation process," said Roger Becks, Associate Director of Housing and Residence Life at Salisbury University.

Many campus buildings are involved in the Comprehensive housing renovation project: including the following dormitories: St. Martin Hall, Pocomoke Hall, Manokin Hall, Wicomico Hall, Nanticoke Hall, Choptank Hall, Chester Hall, and Severn Hall. Most were in need of repair and some, including Pocomoke, required complete gutting.

"Our buildings need it but it also provides a better living environment and enriching experience for our students," Becks said.

In addition to basic repairs like new plumbing and more windows, Choptank will be more environmentally friendly. Maryland's basic sustainability laws require bronze certification from the Leadership in Energy and Environmental Design designated by the U.S. Green Building Council, but by the end of the housing project all dormitories at SU will have silver certification.

"For us, it's got even the Chancellor turning and going 'look what SU is doing,'" Gutowski said.

The certification, according to the U.S. Green Building Council, is earned by being built "with consideration given to energy savings, water efficiency, greenhouse gas emissions reduction, stewardship of resources and improved indoor environmental quality." A rain garden with a water filtration system will replace the planters on the side of the building to deal with runoff and reduce toxins going back into the environment.

"The rain garden fits our goal of good, responsible design," SU architect John Aikman.

Choptank's purposeful landscaping adds to other environmentally-friendly measures already in place. Between the 160 underground geothermal wells below the quad and the Blackwell parking lot and the solar panels on St. Martin Hall's roof, domestic hot water for the nearby dorms is entirely self-sustainable.

Not only will Choptank be more friendly to the environment, it will improve the quality of living for its residents due to enhanced ventilation. State-of-the-art dehumidifiers that constantly circulate the air to eliminate extra moisture will replace stand-alone dehumidifiers

in all the rooms, the same systems that were installed during renovation of the traditional dorms. New fire safety precautions will also be included, with new dorm-wide sprinkler systems installed.

"We've got some older buildings that need a little bit of love, so to speak, and that's what we're doing throughout the renovation process."

- Roger Becks, Associate Director of Housing and Residence Life at Salisbury University.

"When the contractors were bidding Wicomico we went into Pocomoke, which had already been renovated, there was a noticeable difference in humidity," said SU architect John Aikman. "You could sense a difference; the air was much nicer."

The high rises are currently the least desirable buildings to live in, according to Becks, but after the refurbishment they will be comparable to the other residential buildings on campus. The first floor entrance will be completely gutted and remodeled, with higher ceilings and sophisticated furniture working to create a more modern atmosphere (see photo).

"The common area will be flooded with

light," Aikman said. "Whether you are waiting for someone, using your laptop, or just taking a break from your room, it's nice to have a bright, pleasant workspace."

Choptank is changing inside and out. The two side entrances will give way to one central front entrance, with the other two used as fire exits. A new wheelchair ramp will be installed flush with the building creating better accessibility and a more aesthetic appearance. In the interest of Salisbury students with physical disabilities living in the dorms, the Choptank building will comply with the new Maryland Accessibility Code which requires compliance with 2010 Standards

for Accessible Design as stated by the Americans with Disabilities Act.

The building will lose a few rooms on the first floor, slightly lowering the capacity for the number of students it can house due to the remodeling of the ground floor, but the Office of Housing and Residence Life believes that the benefits reaped by the renovation will outweigh the costs. Possibly the biggest improvement will be the addition of "Living Learning" communities where students have an opportunity to live in the same building and share one or more classes.

"There is a lot of national research that discusses the benefits of Living Learning communities," Gutowski said. "It helps the transition of a first-year student into college life."

The Living Learning community will feature a new classroom on the first floor in addition to an apartment for a faculty member advisor. Hundreds of schools nationwide including the University of Maryland have had success with

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CONSTRUCTION

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Living Learning communities.

The renovation will also add new security measures including new surveillance cameras similar to those that have been installed in the other residence halls. Cameras will survey all public entrances, stairwells, and elevator landings to help security officers keep track of people who do not belong in the building.

"We try to balance the expectation of privacy of residents with safety and security goals," said Lieutenant Brian Waller, Operations Commander for Salisbury University Police, who has been reviewing every campus police report at SU since May 1999. Waller says that, although the proper measures are in place, he cannot recall a time when someone from outside the campus community entered the building.

"It boils down to individuals living in the building doing their part to make the building safe and being cautious about the friends they invite over," Waller said. "The building is as safe as the weakest link of the residents."

Although Choptank is not being completely gutted like Pocomoke was last year, it will still undergo a large-scale renovation.

"It is very expensive construction-wise and there is a lot of risk that it might not be finished," Aikman said. "The last thing we want to do is be housing kids off campus when they expect to be on campus."

Despite inherent risk, the end is in sight for a housing project that was bigger than fixing leaky pipes and laying new carpet; thanks to attentive administration, careful research, and generous endowments, the quality of residence life at SU is most likely changing for the better.

"There is no doubt that the housing renovations have had a positive effect on the recruiting process for students to come to school here," Gutowski said. "These past couple years during open houses while families were walking through saying, 'Wow, this is incredible! These would be great living conditions.'"

Although the housing project is drawing to a close, future construction plans loom on the horizon, particularly Dogwood Village. The structures were intended to be temporary housing but have stood on SU property for the past thirty years. Gutowski hopes those buildings will be gone in three to four years to make room for either more parking or more housing.



Whiting Turner Contracting company prepares for the assault on Choptank Hall.



Photo Submitted by SU

Artist rendering of what Choptank Hall's completed entrance way will look like.

Cyclists press for bike lanes

BY AMANDA BIEDERMAN
Gull Life Editor

City government officials, local organizations and concerned citizens met at Salisbury University on June 6 to address the need to make Salisbury a Bicycle Friendly Community, discussing bike accommodations as well as safety issues.

Bike-SBY founder Matthew Drew shared his study on potential bicycle commuters, which he performed as part of a continuing education course at SU.

Drew examined major businesses in the area and recorded how many people lived within two miles of their school or workplace, finding that nearly 3800 people could potentially bike to school or work. Of those potential cyclists, 1260 were off-campus SU students.

"This is a critical issue," Drew said, noting that many SU commuters face congestion when traveling to school because so many people are heading from the same general area going in the same direction.

Currently, the city is planning to create a bike lane across Camden

Avenue and Waverly Drive as part of City Mayor Jim Ireton's 'Revitalization' project. Ireton said he hoped the lane, which will connect SU to the Downtown area, will help to foster a relationship between the school and community.

"This is about a bigger and broader theme," Ireton said. "It's a step towards becoming more progressive."

An avid cyclist himself, Ireton promised that he and SU President Janet Dudley-Eshbach would be the first to ride along the lane at its opening.

Other potential projects could include College Avenue, Smith Street and Riverside Drive, all of which could easily incorporate a bike lane. In addition, SU is currently working to create a lane on Bateman Street.

Bike Friendly Maryland Program Coordinator Anna Kelso noted that with these lanes, public awareness and education will now be more important than ever. The Motor Vehicle Administration has published guidelines for both cyclists and motorists on the road:

Traffic Laws for Motorists:

- The driver of a vehicle must not pass any closer than three feet to a bicycle if the bicycle is operated in a lawful manner.

- The bicycle has the right of way when the motor vehicle is making a turn.

- When riding on a sidewalk or a bike path a bicyclist may ride in a crosswalk to continue on their route.

Traffic Laws for Bicyclists:

- Maryland's traffic laws apply to bicycles.

- Bicycles are not permitted on any roads where the speed limit is more than 50 miles per hour or higher.

- A person riding a bicycle

shall ride as close to the right side of the road as practicable and safe unless necessary.

- Where there is a bike lane, a person must use those and not ride a bicycle in the roadway unless necessary.

- A person cannot carry anything that prevents them from keeping both hands on the handlebars or that interferes with the view or balance of their bicycle.

For more information on bicycle traffic safety, go to <http://www.mva.maryland.gov/Driver-Safety/Bicycle/default.htm>.

Tuition to increase by 6% in fall

BY ELLY ROWE
Staff Writer

Tuition is set to increase by six percent for Salisbury University undergraduate students starting fall 2012, an extra \$368 compared to last year.

Salisbury University Budget Officer Alan R. Selser Jr. announced the second annual tuition increase during a meeting held by SU's Student Government Association Sunday evening.

SU is already one of the lowest funded Maryland universities in the system, but due to recent economic circumstances, the university raised tuition in accordance to the structural adjustment budget. This budget helps to finance changes within the university by making it both affordable for the students and possible for the university itself.

"\$368 a year is not a huge amount by any stretch, but by socio-economic class for students trying to make ends meet, we are trying to balance access and affordability with a quality environment," Selser said.

"It seems like a huge amount right now, but what students don't understand is that our university cannot operate as it does without this money."

- Katherine Mooney, Student Government Association president.

Some students argue that the in-state tuition increase at SU may not sound like much annually, but will have an effect on them monthly, after graduation when it comes time to pay back loans. Nikki Harding, a 19-year-old Maryland native and sophomore at SU, is worried.

"My parents handle my loans now, but eventually I will have to pay them back, and the whole reason I came to Salisbury was because of the affordability aspect. \$368 a year may not sound like a lot, but every little bit adds up and what if the tuition continues to rise after this year? Then what do I do?" Harding said.

Brian Brusoe, a 22-year-old business administration major and senior at SU, is graduating this spring.

"It won't affect me directly because I'm graduating, but I'm glad I'm graduating when I am because it's already expensive enough to go to a state school during these tough economic times," Brusoe said.

But not all students view the tuition increase with opposition. Some argue that not only does SU already provide more bang for their buck tuition-wise, but the money being put towards changes made at the university inevitably benefits the student population.

Katherine Mooney, a Student Government Association senator and sophomore at SU, supports the increase.

"It seems like a huge amount right now, but what students don't understand is that our university cannot operate as it does without this money," Mooney said. "Overall, the tuition raise will benefit SU in the future, and I hope that the students can understand and support that."

Story originally published March 13

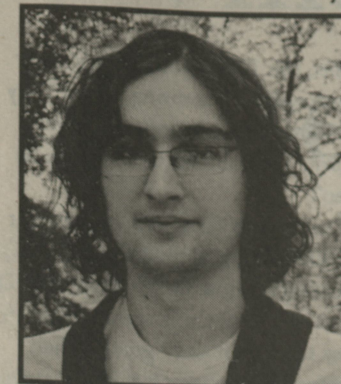
THE FLYER

EDITORIAL

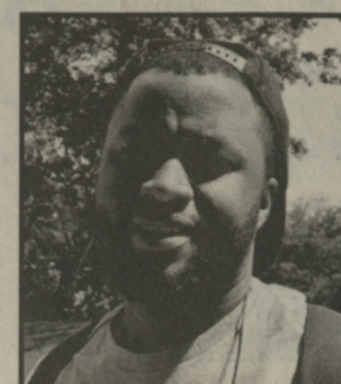
Summer preview 2012

Overheard: What are you planning to do this summer?

Photos by Amanda Libby



"Working at the news station PAC14 in Salisbury."
- Samuel Province, senior



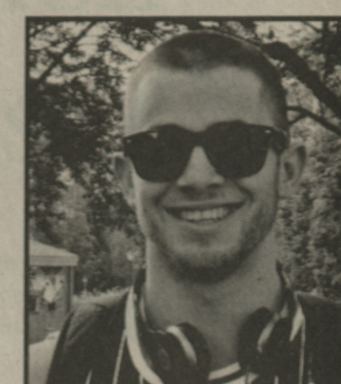
"Get a job and start living my life because I graduate in two weeks."
- Shaynon Thompson, senior



"My dad is taking me to France and Italy."
- Almee Dixon, freshman



"I will be working as an Infirmity EMT in Montgomery County."
- Laura Schurt, sophomore



"I got fired from Ocean City last summer so I'm going back home to work."
- Andrew Schlegel, junior

Subculture forms among smokers



BY JAMES TOWNSEND

A warm orange glow gently illuminates faces circled in communion. Smoke rises from the ring of bodies, as conversation goes deep into the night, reminiscent of early man, traditions of old, or some innate ritual embedded in our social being. Huddled around a pile of Camel Menthol cigarette boxes, this gathering of the Camden Avenue Smokers is only a match away from being a campfire, the kind known so well by our cultural ancestors.

"Wait, wait. Before we get started, can I just say we seriously need an ashtray out here?" said Salisbury University freshman Colin Cochran, and the requests start pouring out.

Chairs? No. A bench? A table? Outdoor heaters? What about a vending machine? They laugh heartily.

"Seriously. We'd use it," Cochran said.

Since SU's campus wide cigarette ban, smokers have retreated to a sidewalk junction on Camden Avenue next to lines of speeding cars, affectionately named "The Spot."

It's not all bad though, without the ban, the smokers admit they would have probably never met each other.

"I've definitely met most of my friends out here," said Roslyn Moynihan, a SU freshman. "Now they're some of my best friends." It is nearly impossible to drive down Camden Avenue any night of the week and not see students from all backgrounds, gathered together on the sidewalk to smoke.

"People are out here all hours of the night. Sometimes as late as 2 a.m.," said freshman Connor Sharpless, as he broke out his signature lawn chair. "I've seen over 20 people out here, most of which didn't even know each other. It's not even about smoking."

Noel Barnwell, a non-smoking student, agrees.

"I don't even smoke. I followed a friend out here once, and have been coming out ever since," she said.

They reckon that smoking is only 10 percent of why they're there every night, it is the glue that brought them all together, the remainder being quite simply: community. They've taught each other how to long board, hula hoop, and even introduced each other to new music. Freshman Noor Seth goes as far as to say this is her therapy.

"We talk about everything," said Seth. "School, religion, politics, sex... it gets deep out here. I've seen people cry out here. I just wish we had a more comfortable spot." So was it right for the university to go smoke-free? By all accounts smoking has yet to be extinguished. In reality, it has merely been relocated, and the community around it reinforced.

"I feel kind of banished," Cochran said. "Banished to the ends of the earth... well, the campus, at least." They aren't even all that upset about the smoke-free policy, but only wish to have a designated place to light up.

Barnwell says that instead of the

campus, her and her friends are now subject to the whims of Camden Avenue.

"It kind of sucks being out here," she said. "People yell at us, they throw shit. Someone once threw a full slushie at us."

They claim Campus Police are no help either, only stopping to remind them to keep off campus property, thus in turn forcing them closer to the road.

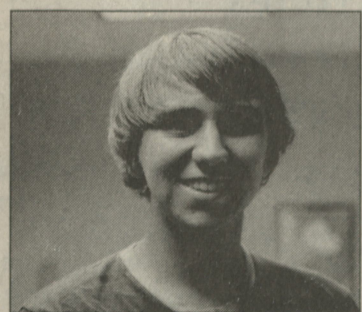
"There's no room out here for all of us," says Cochran. "If we sit in the grass, the police say we're on campus property. If we sit on the curb they say we're in the street."

Has an originally well-intentioned policy turned into backhanded discrimination against a campus subculture? And how long will the university ignore the blatant safety issues behind exiling student smokers to the street?

There's only one thing Cochran knows the university has given them.

"This is it. This is all we've got." Cochran illustrates a two and a half foot line in the sidewalk, from grass to street. "This is our Spot."

Study shows divided government leads to poorer America

BY STEVEN CENNAME
Staff Writer

Nobel Prize winning economist Paul Krugman has discovered something quite telling about why income inequality in America is at historically high levels.

A high-income inequality level is measured by the size of the American middle class, which is getting smaller every year. The smaller the middle class gets, the more you have a few people at the very top of the income bracket and many people at the bottom of the income bracket.

In a study, Krugman discovered that income inequality in America may be traced to the level of Congressional division. This means the more divided and partisan Congress is over economic and social issues, the less it helps the American people and their ability to pursue the American Dream.

Both income inequality and Congressional division are at all-time high levels. The levels started to rise at the same time, showing that as polarization in Congress increases, income inequality gets worse. On a voteview.com chart, the lines representing the trends in Congressional polarization and American income inequality are just about parallel to each other.

The same study also shows why the polarization in Congress has gotten so bad. A study by American University indicates that the

Republican Party has sprinted to the right end of the political spectrum over the last decade. The Democratic Party, however, has stayed relatively the same, if not moved closer to the center.

The sprint to the right accelerated under the administration of George W. Bush because his policies purged the American middle class. With massive tax breaks for the wealthy that started the economic depression, income inequality in America soared.

With the rich getting richer, the Republican Party shifted way to the right in order to satisfy the interests of the wealthy people who contributed to the campaigns of the elected officials in the Republican Party. It is obvious that money and politics are linked, but rarely do we get as clear of an explanation as in this study as to how they are linked.

MSNBC political commentator Rachel Maddow perfectly describes this situation.

"In some ways, money renders politics moot," Maddow said. "Whoever has the money uses money to get political outcomes that get them more money, which they use to get even more of those political outcomes which gets them even more money and so on and so on until there's one Daddy Warbucks and all the rest of us are redefined orphans hoping that he takes a shine to us."

Krugman says that when more and more money is put into politics, political compromise is almost impossible. With compromise impossible, nothing can get done in Congress to save the economy. He suggests that the reason Congress is unable to fix the economy is because the Republicans in Congress are scared that fixing the economy may not help the elite in America, therefore going against the interests that they are paid to serve.

Focus-enhancing drugs abused as academic steroids

BY PETE HICKS
Editorial Editor

Finals week is a time of struggle at universities across the country.

As college students reap the rewards of procrastination, many turn to prescription focus-enhancing drugs to accomplish weeks' worth of assignments.

These drugs should be made available to all students for academic purposes if they are given to some. The unfair advantage that prescription medication gives to certain students skews Salisbury University's grading system.

Drugs like Adderall and Vyvanse are used to treat mental disorders such as Attention Deficit Disorder and Attention Deficit Hyperactivity Disorder. While ADD and ADHD are valid medical issues, many see the medicine used to treat these disorders as a kind of academic steroid.

Adderall is a psycho-stimulant that directly affects the reward pathways in the brain. The drug can last for several hours and is available in both short release and extended release dosages, which can make the effects last for up to an entire day.

For patients suffering from attention-based disorders, the effects of the drug allow them to focus on their work long enough to complete it at a normal pace. For students who can focus normally, the drug gives near super-human concentration abilities.

However, some students fake having attention disorders in order to stock up on focusing drugs to abuse during tough times in the semester.

mester. The negative side effects of Adderall include loss of appetite, insomnia, headaches, muscle tension, irritability and anxiety. Despite these consequences, students continue to abuse the focusing abilities of prescription drugs.

Some students believe they have just as much of a right to abuse Adderall as the people who are prescribed it.

"I think that ADD is really just an excuse to medicate children who don't behave," said an anonymous non-prescribed Adderall user. "We should all be allowed to use these drugs to do better in school; it isn't fair that they are only available to students who acted out as kids."

The students who are prescribed Adderall have a definite advantage over other students, both because they abuse the drugs and because they sell them.

One anonymous student with an Adderall prescription claimed to have sold the pills in amounts as high as 20 to 30 at a time. The focus-enhancing drug business is lucrative at academic institutions.

While abusing prescription drugs is dangerous, there should be some leniency with Adderall. The drug is very easy to get, since all a student must do is tell a doctor they can't focus.

Though this can be said of any drug that treats a mental disorder, focusing drugs are the only ones that offer a legitimate advantage in school to students. Cheating the system to get drugs that treat depression doesn't seem logical or helpful in any way.

Focus enhancing drugs should be available to all students who would then use them to complete assignments and maintain focus throughout class and to save themselves from procrastination. If such a policy is enacted, the academic playing field at SU would be leveled for all who attend this institution, and students would no longer be able to extort money from classmates who are trying to compete for the best grade.

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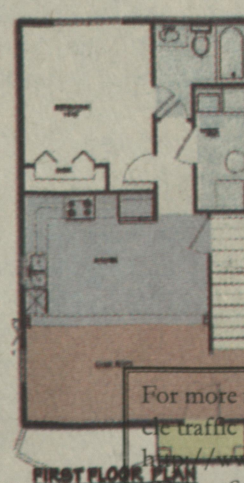
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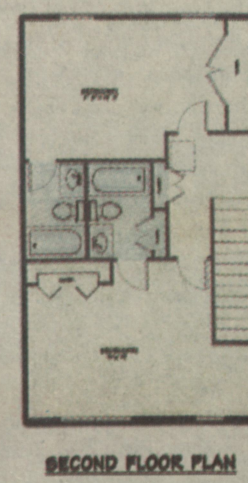
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Partying professional: How going out can lead to more than just fun



BY ABIGAIL COLBY
Party Girl Problems Columnist

As the semester winds down and our seniors leave Salisbury to navigate the "real" world (more or less), it's probably a good idea for all of us to start thinking about our career goals and how we plan to achieve them.

Some of the world's most successful business people got their foot through the door with social networking. As in the actual in-person social networking, not tweeting about their bad mood or requesting their future bosses on Facebook.

And while in this age predominantly impersonal electronic communication is considered normal privately and professionally, a one on one conversation and handshake will still get you further than any nicely worded email or talking to someone's secretary.

Actively seeking professionals outside the office might be just what you need to snag a job at your dream firm or with one of your role models, but it remains an acquired skill. Have no fear, this helpful how-to-guide will help you go from unemployed to professionally irresistible.

Step One: Find them.

Remember, birds of a feather flock together. It's not that \$2 barrels or \$5 margarita pitchers are a bad thing (although they do have a tendency to spur bad decisions), but you're simply not going to run into any CEOs chugging brews at bars offering these types of deals.

What you are likely to find is college students drinking off the harsh reality of the corporate world that inevitably awaits them.

And while a good drunk cry over fears of the future at a college bar might be good for your emotional health, you have to look outside this scene in order to meet some movers and shakers. These people work hard and like to let loose too, just probably not around twenty-somethings screaming profanities and falling off bar stools.

Try smaller, more sophisticated bars where you can strike up a real conversation with a professional.

Step Two: Relate to them.

As fun as it is for them to answer the same five questions over and over while they're on the clock, odds are they might want to steer away from stiff conversation while they're out.

This is where you can use the social factor to your advantage. Regardless of the venue, as long as it's not the office, talk about whatever you want! Maybe their son or daughter played the same sport you did or you are alumnae of the same university.

While a job interview usually consists of questions strictly related to tasks and job performance, these types of interactions come with the freedom to really get to know higher ups without them acting as

higher ups.

Step Three: Seal the deal.

Slow and steady wins the race. If you come up to a potential networking contact and strike up a genuine conversation only to immediately change the subject to showing your credentials, email and references down their throat, they're going to feel cheated and turned off.

Don't stress so much about mentioning that you would be interested in their company or working for someone they know. Focus on talking about things that will help them connect to you as a person, as people are much more likely to remember a great conversation about golf than a dull one about work experience.

Step Four: Move out.

Ironically, this is the most important part of the networking conversation. While it may be tempting (especially if there are drinks involved) to try to keep them for hours, establish the connection and then leave them to enjoy their night.

If you've been drinking and are continuing to drink while talking, the situation holds a significant risk of getting weird quickly. Keep in mind that you want to be remembered for your charm and interests, not as the girl who cried on their shoulder about her ex boyfriend or the guy who tried to make out with them.

Make the smart decision here. And don't forget that while they might consider this play, you should consider it work if you really want to get ahead.

Texting can cost money and lives



BY RUSSELL GERTSCH
Staff Writer

For the past few weeks, "The Hunger Games" has been out in movie theaters across the world.

It has topped the charts for the past few weeks and when I went to see it, I was a little surprised when I saw a dozen 10-year-olds in the movie theatre.

If you have ever read the trilogy, you would know that these books are intended for adults and young adults. It is in no way geared toward 10-year-olds. This is not another "Harry Potter" or "Twilight."

These books are filled with constant violence and some pretty bloody and terrifying situations. No 10-year-old should be reading that.

So this makes me ask, why are there 10-year-olds seeing this movie? Well most of the kids were brought there by their parents, who have no idea what the movie is about. They have never read the books or even researched what would be in the movie.

The movie rating, which is PG-13, seems to be completely ignored by the parents. The last time I checked, PG-13 meant that anyone under 13 shouldn't watch it because of violence, sexual content or inappropriate language.

Yet, the 10-year-olds didn't seem to care about the rating either. They think they are mature enough to handle the content, but they clearly aren't.

During this film, I could overhear the kids sitting behind me commenting on how they had no clue what this movie was about, how they thought it was "gross" when the two main characters kissed and how they thought there was a lot of blood.

I am sorry, but when you are still talking about kissing being gross, you are not mature enough to be watching gory battle scenes either.

The movie has this one particular bloody and gory scene, which even made me go "wow," which made me second guess the rating it was given.

The author of "The Hunger Games," Suzanne Collins, said in an interview with scholastic publishing that she wrote the trilogy to be dark because children are desensitized to violence as information is so easily available to them. Parents are not doing anything to stop their exposure but instead blame the creators of such content.

Take some more responsibility for what your kids are watching. And the next time they end up in detention for fighting, you can blame yourself and not anything else.

If you have a younger sibling or a child, and they are talking about going to see a movie, take some time and seriously consider doing some research and then think about actually telling them no. Maybe you don't want to seem like the bad guy, but sometimes you need to be.

Village of Hope helps women rebuild families and lives

STORY AND PHOTO BY KRISTINA JACKEREAS
Staff Writer

Since April 1, 28-year-old Cathy Seltzer has lived in the Village of Hope with her three children, in an effort to rebound after years of poverty and drug abuse.

After beginning her journey of recovery at the Hope and Life Outreach Ministry Homeless Shelter, Seltzer came to the Village to get back on her feet.

"The staff at the Village of Hope is very supportive," Seltzer said. "If you show them that you're willing to help yourself, they'll without a doubt help you."

According to HALO, about 24 percent of single women are living in poverty in Salisbury. About 18 percent of the homeless are children, and about 26 percent of the homeless are suffering from drug or alcohol abuse.

Since its spinoff from the Joseph House, a homeless shelter for men, the Village of Hope has strived to decrease these numbers.

The Village of Hope is a non-profit organization that offers a two-year transitional living program for women between the ages of 18-55. Many of the women were either living in poverty, in danger of living in poverty or suffering from abusive relationships.

"The program helps the women become more self-sufficient and build toward a better future," said Jasmine Rogers, an SU alumna and part-time assistant case manager at the Village.

Rogers is one of many staff members who help each of the women and children within the Village's 14 apartments.

"There are many workshops at the Village for the women and children," Rogers said. "We have parent workshops, which help the women when it comes to raising their children; story-telling workshops, which teach the residents how to be personable with others; and GED workshops."

The residents can also meet with therapists, and tutors come in Monday through Friday to help the children with their homework.

"This job is so rewarding," Rogers said. "I love interacting with the women and children

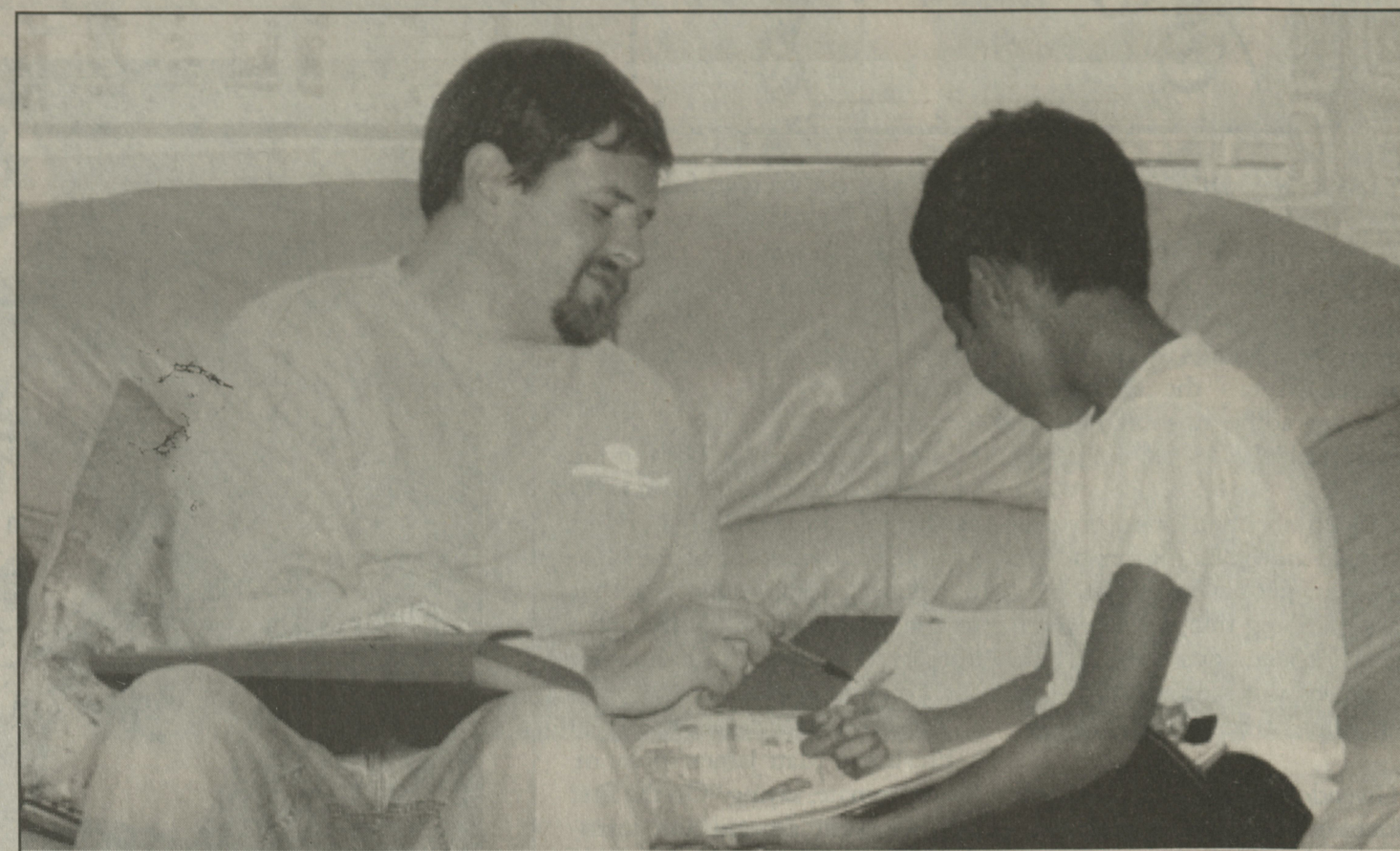
... These women have come so far, and I'm honored that I get to help them."

Seltzer is one of the many women at the Village who is struggling to make her life better

curfew either, but appreciates what the Village has done for her and her two boys.

"I don't enjoy having to come home at 11 on weekends and 10 on weekdays," Furr said.

Since I've been clean, I have been sharing my story with others at churches and youth centers in Delmar, Ocean City, and Cambridge," Seltzer said.



Cathy Seltzer's son, Issaiah, gets help with homework from tutor, Chris Johansson, in the transitional housing center, the Village of Hope.

after living in poverty and a bad relationship. She is in the GED program, learning algebra and writing skills. She cherishes her three boys, Issaiah, 10, Isaac, 6, and Christopher, 5.

"It wasn't easy for us to adjust here," Seltzer said. "It's hard to get used to the rules and curfews."

However, Rogers noted that the curfews are for the residents' safety.

"The rules keep them in order, and curfew exceptions only happen when one of the women have to work late," Rogers said.

Village resident Sharie Furr doesn't enjoy the

"But my children have made friends and that's great to see. I appreciate the fresh start the Village has given me, and I hope to finish college once I'm back on my feet."

Though she had been dealing with drug abuse since middle school, Seltzer has been clean since 2003, and has set many goals for herself. One of these goals includes becoming a certified nursing assistant and becoming a substance abuse counselor for adolescents.

"After suffering from drug abuse, I realized that I wanted to help people like myself. I want to help people get back on their feet like I did.

Another one of Seltzer's goals is to someday own her own car, but for now, she is enjoying the GED program and spending time with her children and the other residents.

"My favorite thing here is the other residents," Seltzer said. "We sit outside and watch our children play, and encourage each other to do the best we can ... We are our own support system."

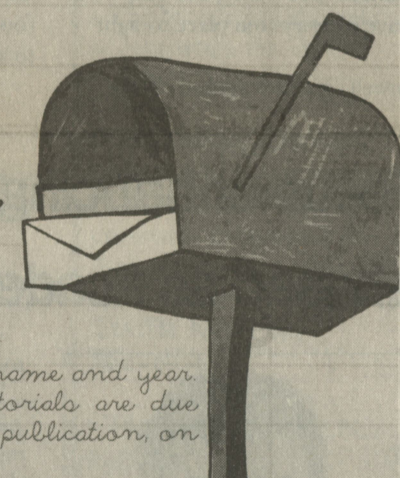
Story originally published Oct. 11, 2011

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Health Report

Depression on the rise among college students

BY SARAH WOODS
Health Columnist

Research from the American Psychiatric Association indicates that in the past 10 years the use of psychiatric medication in college students has increased by 10 percent.

The study suggests that although the quantity of students experiencing depression and seeking counseling for their condition has remained essentially the same, the extent of depression and anxiety has increased. The percentage of students with moderate to severe depression has increased by 6 percent over the past 10 years.

"So many stressors, if not managed, will lead to an overwhelmed student that could move toward a depressed state if not clinical depression," said Dave Gutoskey, director of Housing and Residence Life.

Gutoskey pointed out that all levels of college students can suffer from depression, but it may be caused by different developmental factors.

"Freshmen are transitioning to an independent life away from home

while trying to balance the academic rigors of a university and social freedom influenced by peer pressure. Sophomores are trying to lock-in on an academic discipline that determines a career direction," Gutoskey said. "Juniors and seniors are building a portfolio of experiences in hopes that will make them more competitive in the job market. We see students struggle with all these stressful issues related to moving into a productive adult life."

Living on campus can be beneficial for students during this difficult time period. Gutoskey said students benefit from resources within walking distance such as Student Health Services as well as 24-hour access to residence life staff.

"The hall staffs work to develop non-threatening, caring communities that foster an atmosphere conducive to finding help quickly with the comfort of confidentiality," Gutoskey said.

Gutoskey advised that students not hesitate to ask for help.

"Academic and Student Affairs have extensive supportive networks designed to give students every chance to be successful," he said. "Helping students grow through these difficult years is at the core of what motivates those of us who are passionate student development."

Story originally published Nov. 15, 2011

Strange Salisbury squirrels

BY STEVEN CENNAME
Staff Writer

If you've been at Salisbury University for a while, you have probably noticed that the campus is home not only to students, but also to very interesting squirrels.

The squirrels back home run away when you get too close to them, but not SU's squirrels. SU's squirrels are not only completely unafraid of humans, they also run right in front of them on the sidewalk, eat their ice cream and can even be pet by them if students are careful enough.

The campus squirrels have adapted to the environment so well that they have lost all fear of humans and have even made food dropped by students one of their primary food sources.

The squirrels on campus are seemingly becoming less wild over time by forging new relationships with the humans around them.

Philosophy Professor Dr. Grace Clement, who taught a course on the relationship between humans and animals, shared her philosophical insight on this interesting topic. She thinks that the campus squirrels have not lost their wildness, and even though they may have lost some level of self-sufficiency, they show SU students just how flexible, adaptive and intelligent animals can be.

She believes that the squirrels' ability to interact with humans so comfortably is not a bad thing at all but instead is beneficial to the students and the squirrels.

"Students miss their pets at home, so they take an interest in the squirrels," Clement said. "The squirrels have the cute factor, and the students enjoy having them around."

From the scientific viewpoint, Biology Professor and mammal expert Dr. Aaron Hogue gave his input on the

squirrels.

Hogue agreed with Clement in saying that the campus squirrels have not lost their wildness, but he does not believe that the squirrels have lost any degree of self-sufficiency whatsoever. He implied that we notice the squirrels more than the squirrels notice us.

He said that since the squirrels are not actively managed by humans, and since he's seen some of the squirrels preyed upon and eaten by birds of prey, there is no doubt that the squirrels have not lost their wildness.

"The squirrels on campus are no different than any other squirrels native to the area," Hogue said. "The only difference is that the campus squirrels have found an extra source of food."

Hogue said that squirrels are an omnivorous species that adapt well to a disturbed environment, unlike other species like gray foxes that do not adapt well to disturbed environments. A disturbed environment is one that has been altered by humans.

A reason that the squirrels are so adaptive is their ability to find food in novel ways.

The squirrels on campus have not lost their wildness; they have just adapted to being in a human environment. The students' interest in the squirrels shows that even an animal as common as the squirrel can do things that still manage to surprise us every day and can sometimes even outsmart us.

"I tried to catch one once; I got so close but wasn't able to catch it," said sophomore Jenny Hauprich. "But since they let you get close to them, I'm sure I'll be able to catch one someday."

To learn more about the Salisbury squirrels, follow BurySquirrels on Twitter. Share any funny squirrel stories you have, too.

Story originally published Nov. 15, 2011

New technologies 'kindle' a modern education

BY AMANDA BIEDERMAN
Gull Life Editor

A textbook can weigh up to five pounds, and when students load up their backpacks for the day, the weight can add up quickly.

However, this isn't a problem for Salisbury University junior and English literature major Camille St. Regis, who uses her Amazon Kindle to hold

all her schoolbooks.

"I loved the idea of having everything I need to read for my classes in one compact device," she said. "No more backaches."

St. Regis is one of approximately 800 SU students who own an e-reader device. Approximately 6.8 percent of students own tablets, 9.3 percent own e-readers, and 48 percent own smartphones, according to

SU's website.

Many students use these technologies as tools in their education. St. Regis said she uses her Kindle for any class she can. In addition to the lightweight feature, she noted that the e-books are sometimes cheaper than the regular versions. She also said she uses her Kindle's text-to-speech function to stay focused while studying.

Junior medical laboratory major Rebecca Abelman is also looking forward to integrating mobile technology into her classes. After spring break, she is going to get an iPad, which she plans to use around campus.

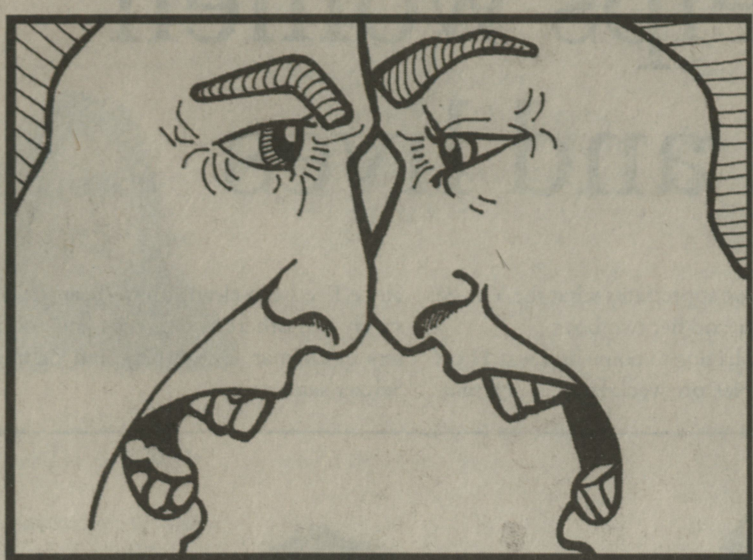
"I'm not in my room a lot, so it would be very convenient to have one small tablet to carry around with me on campus that holds a lot of books," Abelman said.

She plans to use her iPad to read books, check email and do work for her online class.

Currently, Abelman uses her HTC EVO Shift smartphone to keep up with classes by using the internet to occasionally check her email and MyClasses. However, she said she is looking forward to using her iPad instead because her phone's internet is

See KINDLE Page 6

Roommate wars and how to win them



BY LAUREN ANDERSON

It's the first day of college and aside from being nervous about leaving home, starting classes, and finding new friends, students face another issue: the roommate. Here are some tips on how to avoid trouble!

- Keep an open mind. Realize that you and your roommate are different people with different ways of doing things. Setting too many expectations before you even meet your roommate can lead to disappointments.

Gwendolyn Owen, the Assistant Director of Housing and Residence Life, said the biggest roommate problem stems from having different schedules. To avoid problems, she recommends being reasonable when making expectations.

Freshman Jessica Fornieri explained that she and her roommate "were both open and relaxed and worked everything in our room out. We were also very outgoing to meet each other's friends and now we all hang out."

- Deal with problems as they arise instead of letting them fester.

"Talk about the little stuff as it bothers you," Owen advised. "People do things they don't know they're doing and you can't stop being annoying if you don't know that you're being annoying in the first place."

Owen recalled two roommates who did not follow this advice. In fact, they let an argument heighten until they refused to speak to each other. Instead of talking, they had

a vicious fight via text messaging.

St. Martin Hall RA, Shanita Williams also suggests talking to the actual person you have an issue with. Talking about them to other people only spurs unnecessary dilemmas.

- Realize that you're both in the same boat. You're both new to everything and probably nervous and excited over some of the same things. Try doing things together to get to know one another, like grocery shopping, sofa hunting and going to parties.

Freshman Matt James spoke of his roommate, saying "On the first day, we went around and introduced ourselves to everyone on our floor." This helps you both get familiar with everybody.

- Remember that first impressions can be wrong.

Freshman Karen Suckling explained, "At first I thought (my roommate) was really shy and quiet, but as we began talking the first few nights, we became really close."

She also suggested seeing things from the other person's perspective when doing things like getting ready, having other people in the room, and making a lot of noise.

Your roommate can be the reason you dread going to your dorm or they can be a good friend. It's up to you to decide!

Story originally published Sep. 13, 2011

KINDLE

Continued from Pg. 6

slow and the screen is much smaller.

SU Chief Information Officer Jerry Waldron said technology is changing the way people view education.

"Connectivity and content will drive our growth for some time," Waldron said in an online press release. "We are excited to push toward new levels of technology innovation. This is what education is all about."

However, despite the flow of new technology, many still prefer the simplicity of pencils and paper. St. Regis said that using a Kindle can be "annoying" at times, noting problems such as battery life, slowness and the inability to take notes

or highlight parts of the text. She noted that she generally reads actual physical books outside of class.

Abelman said that technology has its advantages in convenience, but that it cannot replace the feel of an actual book.

"There's something about having a real book where you can turn the pages and be able to write in," she said. "As amazing as tablets are, it's not quite the same on a screen."

Story originally published March 13



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answers on back page

SPORTS

THE FLYER

Football takes no rest in off season

BY CAROLINE HAYMAN
Staff Writer

To some, football may just be another fall sport. But to the Salisbury University Football team, it is a year-round commitment—a way of life.

Last season, the Sea Gulls went 9-1 in the regular season and 11-2 overall, with their only loss handed to them by long-time rival Wesley College. The team won the Empire 8 conference their first season in it. They made it all the way to the NCAA Division III Quarter Finals and lost to Wisconsin-Whitewater who went on to be the Division III Champions.

"I'm so excited for this season, but at the same time it's bittersweet," said future senior slotback Nick Aloï. "Every day [your last season] is the only thing on your mind."

SU has their sights set on this upcoming season and have been working hard to increase their skills and discipline. Between lifting, practices and meetings, the players are doing all they can to physically and mentally prepare themselves for the 2012 season.

Only a week after the last season ended, the team was in the weight room through winter and into spring. In addition to lifting, they worked on football-specific speed, agility and quickness training (SAQs). For the whole month of April, the team had mandatory 6 a.m. spring practices to get ahead of the game.

Four days a week consisted of full football practices and the other three days were spent lifting and running with strength and conditioning coaches. On Aug. 12, the team will begin their two-week long camp. The amount of lifting, running and practicing is a grueling test of their commitment to the team.

The first week, all of the players must remain on campus to "build team comradery and organization" according to rising Senior Kevin Costello. Rookies are paired with veterans to help the freshmen go through the growing pains of camp. Together, they are one unit working towards a common goal: to be the best they can be. If one person slips up, they all pay.

When asked what they would say to their younger teammates, both Costello and Aloï agreed, "Don't take anything for granted; time flies."

Football isn't the only thing the athletes are committed to. Little is said about their community service in the Salisbury area. The team is recognized on a national level for their community



Justin Odendhal photo

Alex Smith (78) and Tyler Cury (21) celebrate after a touchdown run.

service efforts. On top of playing football and working towards their degrees, the players stay active in the community by coaching free clinics for grades K-5. They help elementary students with reading, writing, and math. Some of the guys even work with the Horizons Organization as mentors for underprivileged kids.

When asked how he felt about his senior season, linebacker Kevin Costello said, "I think about this every day...there's definitely a sense of urgency. You know your days are numbered

playing football. You don't want to take anything for granted. There's a lot more responsibility as a senior. My goal is to win a championship during my football career."

So mark your calendars for the Sea Gulls' first home game on Sept. 8 when the Seagulls take on rival Wesley College under the lights at 6 p.m.

Story originally published May 08



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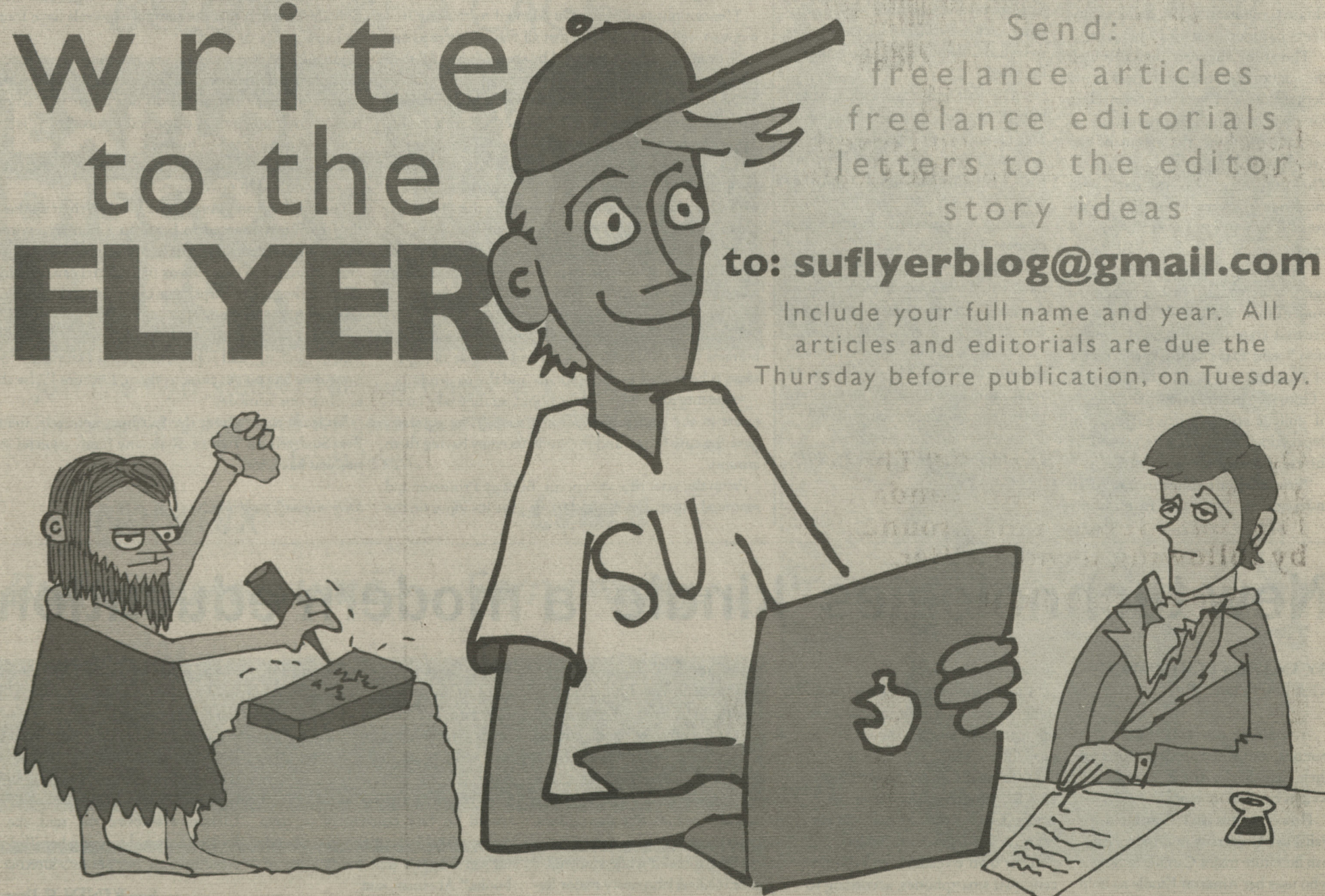
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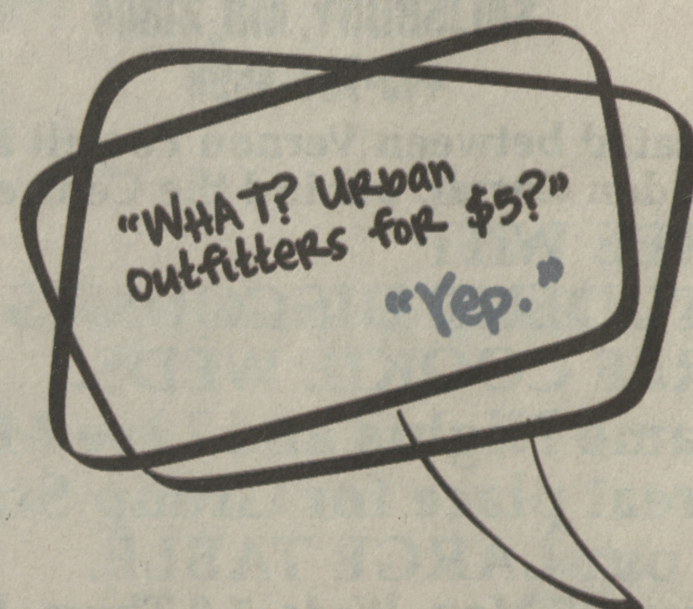


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